

October 19, 2020



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Yes, you should smile behind your mask. Here's why.

by Bharadwaj, October 12, 2020

The brief reply: Sure, as a result of it could actually have an effect on your feelings in addition to theirs. Listed below are the explanations it is best to proceed smiling behind your masks.

Social contact is essential for people (together with introverts)

Bea de Gelder, professor of cognitive neuroscience at Maastricht College within the Netherlands, says that, as social creatures, people weren't designed to obscure our facial expressions with material coverings. "Social contact," she says, "is as important to survival as food and drinks." It's greater than the truth that we depend on others to satisfy our fundamental wants in each the early and late phases of life, she says. Analysis exhibits that social contact improves bodily and psychological well-being, will increase immunity and reduces stress.

Facial expressions are key to social contact

Shiota says smiling can convey rather more than happiness or pleasure. She cites a 2018 PLOS One study that discovered that dwelling in a geographical space with a excessive degree of ancestral variety and a historical past of cultural heterogeneity was a predictor of smiling. In line with Shiota, this information suggests we smile to sign that we're "secure." Smiles, she says, are "this massive form of apparent approach that we are saying, 'Not a menace!'"

The eyes really are the window to the soul

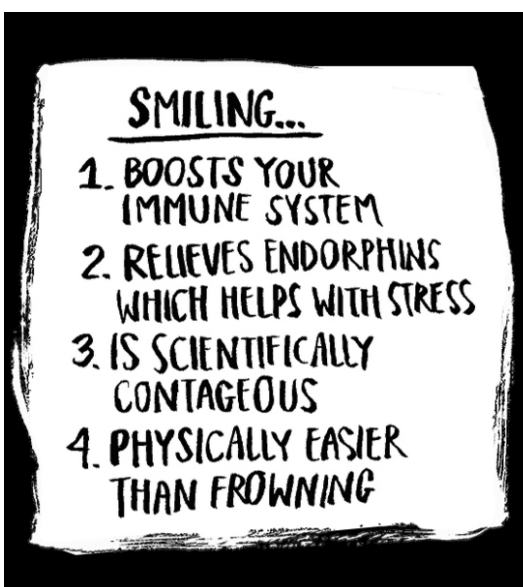
If, like me, you've been reluctant to "waste" a masked smile, it is best to return to smiling as typical. It seems, people are actually good at studying eyes. "While you encounter somebody, should you're acknowledging them as a human being," Shiota says, you are likely to look them within the eyes they usually "will see that smiling within the eyes."

Physique language issues

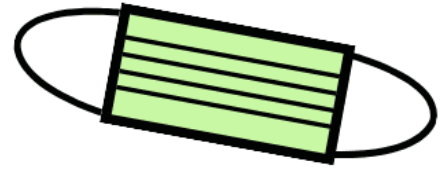
A smile can communicate volumes — however so can physique language. That is particularly related for folks with autism, for whom masks create a major barrier to studying different folks's expressions, and for folks with listening to impairments who depend on lip-reading, Sel says.

So smile behind your masks as you wave howdy. Not solely is your obscured smile nonetheless discernible, however it would additionally assist you discover the power for the nod or the wave or the howdy that may seal the sentiment.

<https://washingtonsources.org/lifestyle/yes-you-should-smile-behind-your-mask-heres-why/62624/>



Caring for Cloth Face Covers



SAFE WASHING AND STORAGE



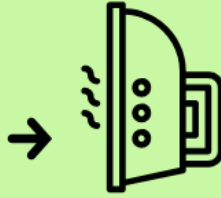
1

WASH AND DRY
ON HIGH HEAT
BEFORE FIRST
USE AND AFTER
EVERY DAILY USE



2

WASH YOUR
HANDS AFTER
HANDLING YOUR
USED/WORN
FACE COVERS



3

IF NEEDED, IRON
FACE COVERS
TO HELP THEM
KEEP THEIR
SHAPE



4

STORE IN A
CLEAN, DRY
PLACE. PLASTIC
BAGGIES WORK
GREAT!



5

THROW AWAY
FACE COVERS
THAT ARE
SHOWING SIGNS
OF WEAR

**NEVER IN MY
WILDEST DREAMS
DID I IMAGINE
I'D GO UP TO
A BANK TELLER
WITH A MASK ON
ASKING FOR MONEY.**

**So in retrospect, in 2015,
not a single person got
the answer right to "Where
do you see yourself 5
years from now?"**

CORONAVIRUS PREVENTION:

**Wash your hands like you
just ate a whole bag of Cheetos
and are about to crochet
with pure white yarn.**

Crochetverse
Stephanie Pokorny

**NETFLIX SHOULD
CHANGE THEIR
MESSAGE FROM,
'ARE YOU STILL
WATCHING?'**

**TO
'YOU SHOULD SHOWER
AND COME BACK'**

Disinfect, sanitize, clean: What works for COVID-19?

There are many unknowns when it comes to how COVID-19 is spread. What we do know is that the virus is more commonly spread by person-to-person contact (within about 6 feet).¹ This is why physical distancing and sheltering in place is encouraged at this time.

But what about COVID-19 and surfaces? Is it possible the coronavirus might be living on your groceries, shoes, or the front doorknob of your home?

While you may be more likely to catch COVID-19 through close contact with other people, there's still some evidence that suggests the virus may remain active for hours or days on certain surfaces.¹ This is why it's important to make sure you're properly disinfecting, cleaning, and/or sanitizing.

But what's the difference between disinfecting, cleaning, and sanitizing? Let's take a look:

Cleaning physically removes dirt, grime, and germs from surfaces or objects by using water and soap or detergent. This doesn't necessarily kill things like bacteria or viruses that may be living on a surface, but it does lower the number of those germs by washing them away.

Disinfecting kills germs on surfaces or objects. It works by using certain cleaning chemicals intended to kill bacteria and viruses.

Sanitizing is the process of both cleaning and disinfecting a surface or object. When something is sanitized, you've lowered the amount of virus or bacteria present by physically removing germs and then killing anything that's left.

While sanitizing may seem like the best way to remove the virus from surfaces, it may not always be appropriate for every situation. For example, if you sanitize your hands too often, it could result in irritation. In cases like this, it's best to choose the right method for the object in question.

Here's a quick guide to some of the most important surfaces you should disinfect, clean, or sanitize to protect yourself from exposure to COVID-19.

Hands: Clean or sanitize

One of the most important ways to limit your exposure to a virus is by regularly washing or sanitizing your hands.

According to the CDC, washing your hands with soap and water is one of the best ways to get rid of germs.² To properly wash your hands, you'll need to wet, lather, and scrub them with soap and water for at least 20 seconds. However, if you don't have access to soap and water, then use a hand sanitizer that contains at least 60% to 95% alcohol.

Home: Clean, then disinfect

If the surfaces in your home are dirty, you'll want to clean them first and then disinfect. Focus on the areas that get touched the most or collect the most germs. Some areas you'll want to keep regularly disinfected include:

- Door handles and knobs
- Tabletops
- Light switches
- Bathroom and kitchen counters and surfaces
- Faucets and sinks
- Toilets
- Mobile phones and devices

The CDC also recommends wearing gloves while cleaning and disinfecting and throwing them away when you're done.

Keep in mind, not all cleaning products will kill the coronavirus. Here is a list of some of the CDC-approved disinfectants:

Products on the United States Environmental Protection Agency's list of registered disinfectants for use against the coronavirus.

Diluted bleach on certain surfaces (check the product label for instructions on how much water you should use when diluting the bleach). Important: Bleach can stain fabrics and certain surfaces. You should also never mix bleach with anything other than water — especially other cleaning products like ammonia. Mixing bleach and ammonia can produce a toxic gas that can be deadly. Be sure to only use bleach in a well-ventilated area (the fumes can irritate the lungs) and to follow the instructions on the label first. Also, never ingest or drink bleach, detergents, or cleaning agents.

Alcohol solutions containing at least 60% alcohol. Important: Avoid using liquor or alcohol intended for drinking. Vodka, for example, typically only contains 40% alcohol so it does not meet the CDC requirement of at least 60% alcohol content, which is needed to kill bacteria and viruses.

Groceries: Cleaning not needed

According to the CDC, there's currently "no evidence of food or food packaging being associated with transmission of COVID-19."³ The coronavirus is mainly thought to be spread by person-to-person contact, which is why practicing physical distancing is so important. And while you may not need to clean your grocery bags or food packaging, it's still important to practice common food safety guidelines — which includes washing your hands and keeping counters and food preparation spaces clean.

Laundry: Clean

Wash your clothes and cloth face masks regularly with detergent and use the warmest water setting possible (check the clothing labels for details). Be sure to dry everything completely. You'll also want to clean and disinfect your clothes hamper according to the guidelines for that surface while your clothes are being washed.

Shoes: Disinfect

When it comes to your shoes, take them off either before entering your home or in the entryway to prevent bringing dirt and germs into your home. You can also spray your shoes from top to bottom with a non-staining disinfectant like a 70% alcohol solution.

When in doubt, check the CDC guidelines. Because the coronavirus situation is changing all the time, it's a good idea to regularly check the CDC website for the most current information.

<https://thrive.kaiserpermanente.org/thrive-together/covid-coronavirus/disinfect-sanitize-clean-covid-19?>

Crossword Puzzle

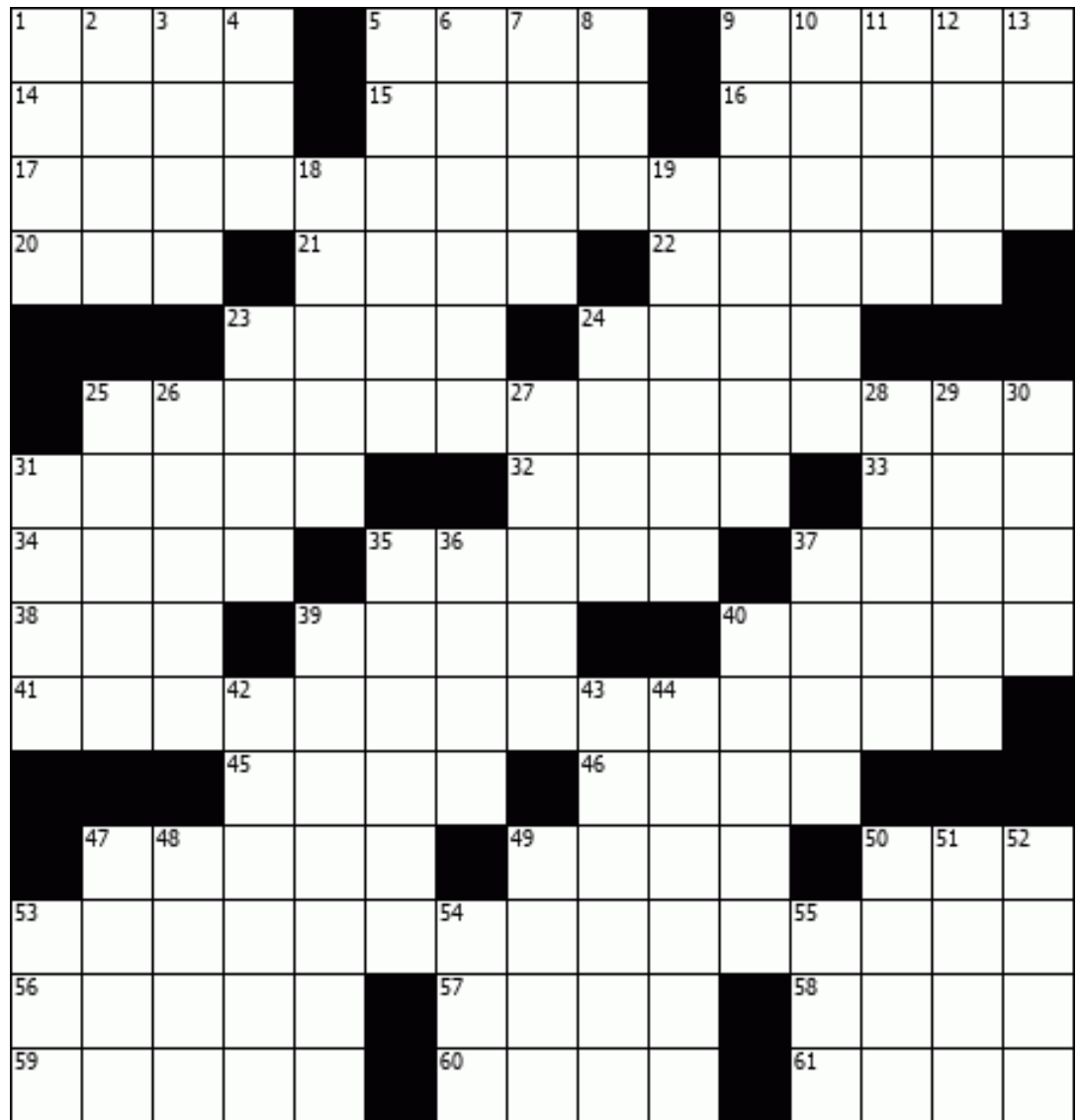
Answers on page 6.

Across

1. Notary's tool
5. Part of Bob Barker's daily advice
9. Low-paying employment, slangily
14. Fairy-tale villain, often
15. Associate of Caesar
16. Laundry conduit
17. Patient's complaint
20. Mount St. Helens spew
21. Bailiff's command
22. Rust, chemically
23. Clown of the '50s
24. Barn and screech
25. Psychiatrist's response to 17-Across (Part 1)
31. Pertaining to the pope
32. Prefix meaning "all"
33. Well-known ode subject
34. One with an Esq. tag
35. Donahue and Aikman
37. Three-handed card game
38. Part of many titles
39. Orphaned child
40. Platter player, briefly
41. Psychiatrist's response to 17-Across (Part 2)
45. "Casablanca" café owner
46. Oil barrel
47. Hope and charity partner
49. Mattress option
50. One may be needed after an injury
53. Patient's response to the psychiatrist
56. "Candle in the Wind" performer John
57. Graceland middle name
58. Fill completely
59. Sends forth
60. It's made by accident
61. God of love

Down

1. Word with water or fountain
2. Freudian personality components
3. Spot for a keystone
4. Big Island garland
5. One with a split personality, slangily
6. Skull-and-crossbones stuff
7. Teen's facial affliction
8. Creature of Tibet
9. 1946, on a monument
10. Patio lounge
11. Nelson of "The Breakfast Club"
12. Oklahoma tribesman
13. Panhandle
18. "The Three Billy Goats Gruff" meanie
19. People from Dubuque
23. N.Y.C. theater center, in trade papers
24. Words of surprise
25. Kind of yoga
26. Chose
27. Detonate
28. Canadian gold country
29. Redheaded ape, for short
30. Golden Rule world
31. Garden walkway
35. Chinese martial art
36. Investor's concern
37. Wood wedge
39. Bleaches
40. Expand, as hot dogs
42. Knitted fabric
43. Inventor from Menlo Park
44. Off the mark
47. Thin coating
48. Aircraft beginning
49. Passage charge
50. Practice fighting
51. As many as
52. First round exemptions, in tournaments
53. "Comprende?"
54. Glob of gum
55. One of 1,001, for many products



Trivia



Question 1

What was the third country to have its own orbiting satellite?

- A. China
- B. Canada
- C. Chile
- D. Chad

Question 2

Who busted the charts with "How Much is That Doggie in the Window"?

- A. Patti Page
- B. Cherr
- C. Billie Holiday
- D. Chad

Question 3

What British secret agent was portrayed on TV for the first time in 1954 by Barry Nelson?

- A. James Bond
- B. Austin Powers
- C. Goldfinger
- D. Dr. No

Question 4

What TV spy drove a Sunbeam?

- A. Martin Shaw
- B. Mark Margolis
- C. Bruce McGill
- D. Maxwell Smart

Question 5

What song opened with: "I'm so young and you're so old"?

- A. Venus
- B. Startime Kids
- C. No More Mr. Nice Guy
- D. Diana

Answers on page 8.

| | | | | | | | | | | | | | | |
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| O | G | R | E | | C | O | C | A | | C | H | U | T | E |
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| A | S | H | | R | I | S | E | | O | X | I | D | E | |
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| E | M | I | T | S | | D | E | N | T | | E | R | O | S |

Senior Pen Pals

Are you interested in becoming a senior penpal for our teen volunteer program?

Exchange letters with our teen volunteers from September-December! Help them earn volunteer hours for school!

Interested?

Contact Recreation Coordinator Katie Dennis
Katie.dennis@newark.org or 510-578-4409

Exercise

zoom

FREE MORNING STRETCH W/
 JESSICA EVERY WED. @ 10AM
 Click [HERE](#) to register!



SENIOR POSTURE EXERCISES
<https://www.youtube.com/watch?v=NIrqQPihXFs>



What's the Point? Word Search

Find and circle all of the things with points that are hidden in the grid.
The remaining letters spell a secret message.

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | T | S | E | G | D | A | B | S | F | F | I | R | E | H | S | T | H | E |
| L | N | P | I | N | E | N | E | E | D | L | E | R | I | C | I | C | L | E |
| P | E | E | A | R | G | U | M | E | N | T | E | P | B | O | D | I | K | N |
| A | D | A | T | E | K | N | N | E | T | G | O | F | A | E | T | R | E | Q |
| T | I | R | O | S | H | C | F | R | N | T | I | S | C | P | O | P | U | U |
| S | R | Z | O | O | N | I | I | I | O | E | R | I | K | F | L | I | Z | E |
| C | T | S | T | N | N | I | F | T | K | H | M | I | G | L | L | L | R | L |
| I | I | C | H | K | O | E | L | A | S | A | T | K | A | L | I | H | S | D |
| S | C | R | P | A | S | L | T | E | L | R | O | B | M | N | I | T | T | E |
| S | E | A | I | R | R | S | A | O | V | O | E | P | M | N | G | H | A | E |
| O | P | Y | C | A | N | K | P | T | H | A | R | T | O | O | U | L | R | N |
| R | I | O | K | E | S | Y | T | H | D | P | J | C | N | M | V | I | E | G |
| S | C | N | D | N | R | U | S | O | E | R | E | C | B | I | D | E | K | N |
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| E | O | E | M | C | F | I | C | Y | O | T | A | B | A | M | R | P | P | W |
| W | A | I | N | L | J | I | A | S | T | C | H | O | R | N | P | O | S | E |
| K | D | R | Y | U | L | A | H | N | K | S | B | L | D | D | T | A | W | S |
| E | D | I | R | V | V | O | E | L | E | P | L | A | C | S | A | L | S | S |
| T | E | K | C | O | R | R | A | N | T | E | N | N | A | S | I | R | E | S |
| E | N | O | C | N | W | W | E | R | C | S | K | R | O | C | O | N | T | R |

ANTENNA
ANTLER
ARGUMENT
ARROW
BACKGAMMON BOARD
BALLPEN
BEAK
BIRD TALON
COMPASS
CONE
CORKSCREW
CRAYON

DART
DECIMAL
FINGER
FISH HOOK
FORK
ICE PICK
ICICLE
JAVELIN
KNIFE
NAIL
NOSE
PENCIL

PINE NEEDLE
POINTER STICK
PYRAMID
QUILL
RHINOCEROS HORN
ROCKET
SCALPEL
SCISSORS
SEWING NEEDLE
SHARK TOOTH
SHERIFF'S BADGE
SPEAR

SPIKE
STAPLE
STAR
STYLUS
SWORD
THORN
THUMB TACK
TOOTH PICK
TRIANGLE
TRIDENT
VULCAN EAR
WOODEN STAKE

Halloween Marshmallow Pops

Ingredients

- Marshmallows
- Shortening
- Candy Melts
- Lollipop sticks
- Sprinkles
- Piping bag or Ziploc Bag



Instructions

1. In microwavable safe bowl or coffee mug, microwave one color of candy melts and 1 Tablespoon shortening uncovered on Medium (50%) for 1 minute, stir. Continue microwaving for 15-second intervals, until melted; stirring in between until smooth. If candy is too thick, add a little more shortening.
2. Repeat with additional colors.
3. Dip the tip of 1 lollipop stick about 1/2 inch into any color of the melted candy and insert stick into 1 marshmallow about halfway, this will act like glue holding the marshmallow onto the lollipop stick. Repeat for each pop. Allow candy to harden, you can speed this up by placing them in the refrigerator about 3-5 minutes.
4. Once the marshmallow is secured to the stick, dip the marshmallow into the melted candy, covering the marshmallow completely, tap off excess.
5. Decorate with candy sprinkles, or add faces using piping bag (or melted candy added to a ziploc bag and cutting the tip off).
6. Let stand until set. <https://www.mommysfabulousfinds.com/halloween-marshmallow-pops/>



Trivia Answers

Question 1: Canada

Question 2: Patti Page

Question 3: James Bond

Question 4: Maxwell Smart

Question 5: Diana

Drive Thru/Tailgate Friendsgiving Lunch

Monday, 11/23, Arrive between 12:00pm - 1:00pm
\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Thanksgiving Turkey Sandwich) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Email your favorite Thanksgiving Recipe to cheryl.galvez@newark.org by 11/2 to be included in a recipe exchange.



DRIVE THRU/TAILGATE LUNCH AND COSTUME CONTEST

Thursday, 10/29, Arrive between 12:00pm - 1:00pm
\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Chicken Caesar Wrap) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Wear a costume and participate in the tailgate costume contest. Prizes will be awarded!



ONLINE... at newarkca.activityreg.com or scan the QR Code

MAIL... registration form and payment to "City of Newark":
Silliman Activity & Family Aquatic Center
6800 Mowry Avenue
Newark, CA 94560

PHONE IN REGISTRATIONS ARE NOT ACCEPTED.



Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: _____ Birth Date: ____/____/____

Day Phone: _____ Cell Phone: _____

Email Address: _____

Address: _____ City: _____ Zip: _____

Emergency Contact Name: _____ Phone: _____

| Participant: Name | Birth Date | Gender | Class Name, Date and Time | Fee |
|-------------------|----------------|--------|---------------------------|----------|
| _____ | ____/____/____ | M F | _____ | \$ _____ |
| _____ | ____/____/____ | M F | _____ | \$ _____ |
| _____ | ____/____/____ | M F | _____ | \$ _____ |
| _____ | ____/____/____ | M F | _____ | \$ _____ |

Voluntary donation to the Recreation Scholarship Program: \$ _____

Total: \$ _____

Release of Liability: I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

Signature of Participant (or Parent/Guardian, if under 18)

Payment: _____ Check or Money Order made payable to the "City of Newark"

_____ Charge VISA/Mastercard... Card #: _____ - _____ - _____ Expiration: ____/____
month/year